

Practicing Plan Diary

Instructions Erja Joukamo-Ampuja

Based on article "Planning the Practicing"

- **You can plan your four weeks practicing diary and keep on track of your feelings**
Remember to
 - Alternate light and heavy days (scale 0-5)
 - Three weeks (or two) of an "uphill" followed by a recovery week
- **You can put your repertoire into the plan**
 - Physically easier repertoire more to the beginning and heavier repertoire towards the heavy week. (If you don't want to do that, then only varyate the practicing time)
- **You can plan, when to "learn" the music and when to start "mastering the skills and practicing to perform it"**
- **Give feedback to yourself**
 - You can comment after each day, how did you feel. Draw 😊 or :-| or 😞 and a reason why you felt like that
 - You can mark up your concentration level with a scale of 1-10

Practicing Plan EXAMPLE

Erja Joukamo-Ampuja

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
5																	X				X							
4						X				X		X	X		X		X		X	X								
3	X		X		X	X		X		X		X	X		X	X	X		X	X	X				X			
2	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X		X		X	X	X	
1	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	

Week 1

Learning **Mozart**
 Details, Varying the practicing, Motorical learning

Week 2

Learning **Mozart**
 Frasing, style, Character, Playing through and working with details

Week 3

Learning **Schumann**
 Details, Varying... etc.
Mastering Mozart
 Practicing for performing: imagination, creativity, flow

Week 4

Mozart& Schumann:
 Memorizing
 Details
 Breaks
 More mental training
 Imagery
 Creativity
 Flow

